


GET FIT

GROUP FITNESS SCHEDULE – September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO CLASSES	2 Zumba Leslie 9-10 am Kettlebell AMPD Rachel H. 6:30-7:30 pm <i>Happy Labor Day!!</i> 	3 Spin Tina 6-7 am Yoga Jill 9-10 am Silver Sneakers Lisa 10-11 am PiYo Bree 5:30-6:30 pm Zumba LaQuinta 6:30-7:30 pm HIIT Hop Kayla 7:30-8:30 pm	4 Spin Mandy S. 8:30-9:30 am Silver Sneakers Lisa 10-11 am Zumba Regina 6:30-7:30 pm	5 Yoga Jill 9-10 am Silver Sneakers Lisa 10-11 am Spin Lisette 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm HIIT Hop Rachel B. 7:30-8:30 pm	6 Silver Sneakers Lisa F. 10-11 am	7 Zumba Leslie 9-10 am
8 HIIT Hop Rachel B. 2-3 pm	9 Yoga Jill 9-10 am Silver Sneakers Lisa F. 10-11 am Yoga Stretch Lisa F. 11:30am-12:15 pm HIIT Hop Mandy G. 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm	10 Spin Tina 6-7 am Yoga Jill 9-10 am Silver Sneakers Lisa 10-11 am PiYo Bree 5:30-6:30 pm Zumba LaQuinta 6:30-7:30 pm HIIT Hop Kayla 7:30-8:30 pm	11 Spin Mandy S. 8:30-9:30 am Silver Sneakers Lisa 10-11 am Zumba Regina 6:30-7:30 pm	12 Yoga Jill 9-10 am Silver Sneakers Lisa F. 10-11 am Spin Lisette 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm HIIT Hop Rachel B. 7:30-8:30 pm	13 Silver Sneakers Lisa F. 10-11 am	14 Zumba Leslie 9-10 am
15 HIIT Hop Rachel B. 2-3 pm	16 Yoga Jill 9-10 am Silver Sneakers Lisa F. 10-11 am Yoga Stretch Lisa F. 11:30am-12:15pm HIIT Hop Mandy G. 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm	17 Spin Tina 6-7 am Yoga Jill 9-10 am Silver Sneakers Lisa 10-11 am PiYo Bree 5:30-6:30 pm Zumba LaQuinta 6:30-7:30 pm HIIT Hop Kayla 7:30-8:30 pm	18 Spin Mandy S. 8:30-9:30 am Silver Sneakers Lisa 10-11 am Zumba Regina 6:30-7:30 pm	19 Yoga Jill 9-10am Silver Sneakers Lisa F. 10-11am Spin Lisette 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm HIIT Hop Rachel B. 7:30-8:30 pm	20 Silver Sneakers Lisa F. 10-11 am	21 Zumba Leslie 9-10am
22 HIIT Hop Rachel B. 2-3 pm	23 Yoga Jill 9-10 am Silver Sneakers Lisa F. 10-11 am Yoga Stretch Lisa F. 11:30am-12:15pm HIIT Hop Mandy G. 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm	24 Spin Tina 6-7 am Yoga Jill 9-10 am Silver Sneakers Lisa 10-11 am PiYo Bree 5:30-6:30 pm Zumba LaQuinta 6:30-7:30 pm HIIT Hop Kayla 7:30-8:30 pm	25 Spin Mandy S. 8:30-9:30 am Silver Sneakers Lisa 10-11 am Zumba Regina 6:30-7:30 pm	26 Yoga Jill 9-10 am Silver Sneakers Lisa F. 10-11 am Spin Lisette 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm HIIT Hop Rachel B. 7:30-8:30 pm	27 Silver Sneakers Lisa F. 10-11 am	28 Zumba Leslie 9-10 am
29 HIIT Hop Rachel B. 2-3 pm	30 Yoga Jill 9-10 am Silver Sneakers Lisa F. 10-11 am Yoga Stretch Lisa F. 11:30am-12:15 pm HIIT Hop Mandy G. 5:30-6:30 pm Kettlebell AMPD Rachel H. 6:30-7:30 pm					

HIIT Hop - A type of cardio training in which you alternate short, very high intensity intervals with longer, slower intervals to recover to the rhythm of popular hip-hop music.

Kettlebell AMPD - Takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio.

PiYo - Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga.

Silver Sneakers - Custom-designed classes and use of equipment with a Senior Advisor to help you along the way.

Spin - A vigorous workout - burning calories and keeping your muscles in shape.

Yoga - Focuses on the classic poses, building on the basics with emphasis on alignment of the standing, sitting and twisting poses.

Yoga Stretch - A Hindu spiritual and ascetic discipline, including breath control, simple meditation, and the adoption of specific bodily postures, which is widely practiced for health and relaxation.

Zumba - A Latin inspired dance-fitness class that is fun and energizing. This one-hour cardio workout will make you feel like you are partying on the dance floor.

***For a listing of any changes or cancellations, please visit our Facebook page –
Get Fit Athletic Club - Richmond or feel free to contact the club at (859)623-2229.